exercise class programme
Uckfield Leisure Centre

Accurate as of 08/05/2024

Times for Monday 3 July

Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	gym	Nicki	
9:30 am - 10:15 am	Body Combat	dance studio	Louise	all levels
10:00 am - 11:00 am	Freedom Circuits Plus	squash court	Luc Best	50+
10:15 am - 11:00 am	Body Pump	dance studio	Louise	all levels
11:00 am - 12:00 pm	Pilates	dance studio	Louise	intermediate
6:30 pm - 7:15 pm	Freedom Indoor Cycling	gym	Sarah M	all levels
6:30 pm - 7:30 pm	Body Attack	dance studio		all levels
7:30 pm - 8:15 pm	Aqua Power	Leisure Pool (25m)	Heidi	all levels
7:30 pm - 8:30 pm	Body Pump	dance studio		all levels